



2024 USA DIVING REGION 5 CHAMPIONSHIPS  
MEET INFORMATION PACKET



2024 USA Diving Region 5 Championships

Holland Aquatic Center – Holland, MI

April 27 – April 28, 2024

[Event Page Link](#)

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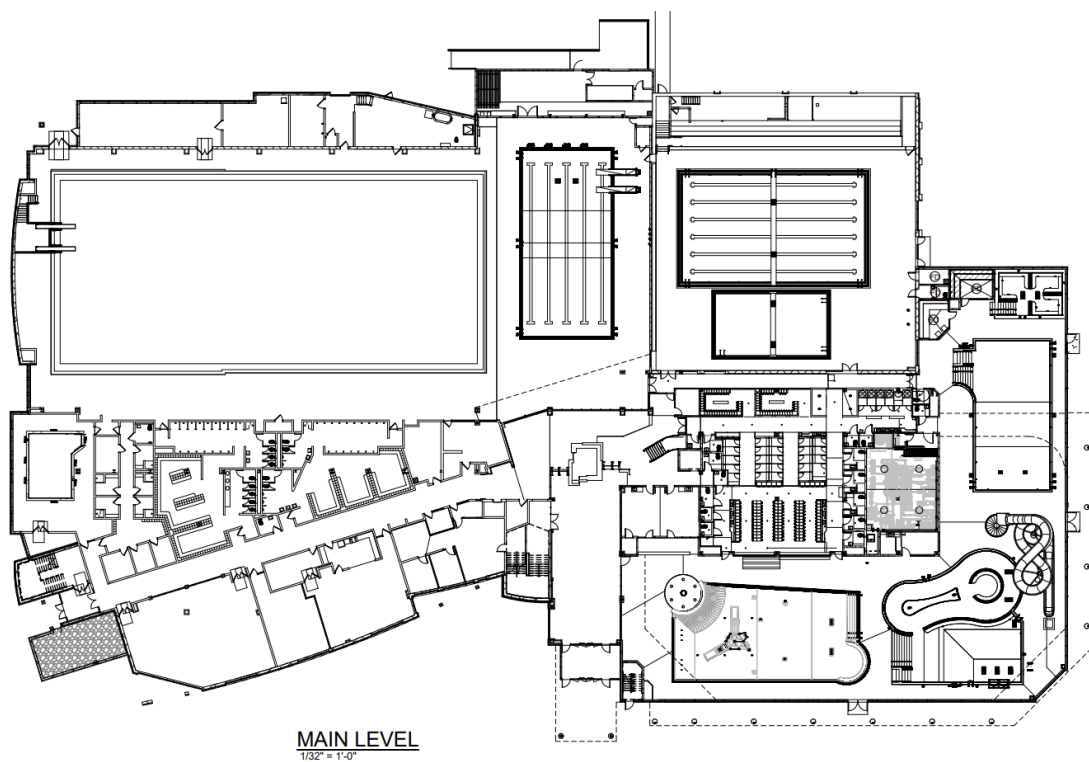
**VENUE**

[Holland Aquatic Center](#)

550 Maple Avenue

Holland, MI, 49423

**MAP**



**MEET CONTACT INFORMATION**

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**DATES**

Practice Dates: Friday April 26, 2024

Competition Dates: April 27 & April 28

## **FACILITY AND EQUIPMENT**

The Holland Aquatic Center is equipped with two 1-meter springboards and two 3-meter springboards.

Stretching equipment & video replay will be available.

## **REGISTRATION**

All participants must be "Current" members of USA Diving. All athlete and coach entries must be made online at [www.divemeets.com](http://www.divemeets.com) prior to April 15<sup>th</sup>. No athlete or coach will be permitted access to the pool deck without having completed their DiveMeets registration. Athletes may still register after the deadline up until 3 hours prior to their event with an added late fee of \$100. If a coach misses the online registration deadline, a \$20 late fee will be assessed prior to deck authorization.

The event entry fees for this event are \$50 plus a \$20 insurance fee per athlete per event (total \$70 per event).

## **DIVE CHANGES**

All dive changes, including payment, MUST be done online through DiveMeets. Athletes may log into their DiveMeets account to review and update their dive sheets within the timeline outlined below:

1. Changes may be made online at no cost before 6pm the night prior to the first day's events, and before 12pm the day prior to all competition days thereafter.
2. After the designated times in point 1, athletes may make changes to their dive sheets online at a cost of \$15 per event up until 3 hours prior to their event start time.
3. Dive changes will no longer be accepted three hours prior to the corresponding event.

## **PARTICIPANT COMPORIMENT**

USA Diving promotes good sportsmanship from athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racist or sexist comments, or other intimidating actions directed at judges, meet personnel, athletes, coaches, spectators, or team representatives are grounds for removal from the site of competition. Thank you in advance for your cooperation.

Hazing, harassment, intimidation, menacing or bullying, and acts of cyberbullying by members towards any member is strictly prohibited. Retaliation against any person who reports, is thought to have reported, files a complaint or otherwise participates in an investigation or inquiry is also strictly prohibited. False charges shall also be regarded as a serious offense and will result in disciplinary action or other appropriate sanctions. Persons whose behavior is found to be in violation of this policy will be subject to discipline, up to and including expulsion. USA Diving may also make referrals to law enforcement officials.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.

Changing into or out of swimsuits other than in locker rooms or designated changing rooms is not appropriate and is prohibited.

**Athlete Safety Policy:** <https://www.usadiving.org/resources/safe-sport>

### **TECHNICAL MEETING**

A technical meeting for all coaches and team representatives will take place on **Friday, April 26, 2024 at 8:00pm.**

### **ORDER OF EVENTS**

Please find the most up-to-date schedule on the USA Diving website [Event Page](#). A detailed timeline will be available closer to the event start date.

### **JUDGING**

Each region will be attended by one AQUA-Certified USA Diving Judge to serve as a Head Referee of the event.

### **CHECK-IN TABLE**

A check-in table will be set up in the lobby of the Holland Aquatic Center main entrance. All participants and coaches must visit this table to receive their credentials for deck access before their first practice.

### **RESTROOMS**

Locker rooms connected to the 50 meter pool deck are for athlete use only. Coaches, officials, and other non-athlete participants must utilize the restrooms either in the lobby or in the universal changing rooms on the east side of the lobby. Spectators may use the restrooms on the second level.

### **FIRST AID/MEDICAL SERVICES**

First aid services and lifeguard responders will be available on deck for all days of practice and competition at the Holland Aquatic Center.

In the event of an emergency that requires transportation to a hospital, athletes and or other participants will be sent to the Holland Hospital Emergency Room, which is located across the street.

#### **Holland Hospital**

602 Michigan Avenue

Holland, Michigan 49423

main: (616) 392-5141

### **COACH HOSPITALITY**

Hospitality for coaches, officials and staff will be provided in the Multipurpose Room, which is located across the hallway from the 50-meter locker rooms.

### **EVENT MERCHANDISE**

Custom, event-branded apparel will be available on-site, provided by USA Diving's merchandise partner, Fine Designs. Get your 2024 USA Diving Regional Championships gear at their stand throughout the event!

### **PARKING**

Parking for this event will be free in the parking lot outside of the Holland Aquatic Center. Should it be required, additional free street parking is available around the Holland Aquatic Center.

### **FOOD/CONCESSIONS**

Concessions will be available in the balcony of the 50m natatorium of the building throughout the competition.

### **WIFI**

Wifi will be available throughout the facility by connecting to Holland Aquatic Center Guests

### **STREAMING**

Streaming services will be available via Streamline.

### **DECK MAP** - 50m Pool West Boards will be used for all competition

